

Name:_____ **Pd:**_____

honesty

**BEING FREE FROM DECEPTION.
NOT ONLY SAYING TRUE
THINGS BUT LIVING A LIFE
THAT IS CONSISTENT.**

*Character
Strong*



@CHARACTERSTRONG

PRE-SURVEY: 7. Honesty <i>Place a checkmark in the box that fits you most closely, then add up the points in the right column</i>	■ Never 0	Seldom 1	Sometimes 2	Usually 3	Mostly 4	+ Always 5	Points
1. I am a person of my word.							
2. I confront people that I have a problem with.							
3. I accept fault.							
4. I ask for forgiveness.							
5. I don't tell lies.							
6. I don't tell others only what I <u>think</u> they want to hear.							
7. I admit my true feelings to others.							
8. I don't steal.							
9. I don't cheat.							
10. I follow through on my promises.							
11. I have actions that match my intentions.							
12. I am sincere with my words.							
13. I don't deceive other people.							
14. I tell the truth with kindness.							
15. I give honest feedback to others.							
16. I only take what I've paid for.							
17. I only share real stories.							
18. I don't make up excuses.							
19. I know my strengths.							
20. I know my weaknesses.							

Total Points _____/100

Honesty - being free from deception.

Annotate Reading – highlight big ideas AND comment/ask questions on the side

Trust, which is built by honesty and integrity, is the glue that holds relationships together. Honesty with people is also the tough side of love and brings balance to love. Honesty is about clarifying expectations for people, holding people accountable, being willing to give the bad news as well as the good news, giving people feedback, being consistent, predictable, and fair. In short, it's behavior that is free from deception and dedicated to the truth at all costs. Another form of honesty is being free from duplicitous behavior like gossip, backstabbing, and pairing. Assertive people are willing to tell the truth whether that truth is good news or bad news; their behavior is open and direct yet respectful.

Looks Like... (actions/verbs)	Sounds Like... (tones/quotes)	Feels Like... (adjectives)
1.	1.	1.
2.	2.	2.
3.	3.	3.
4.	4.	4.
5.	5.	5.

~ PERSONAL CONNECTIONS ~

Personal Definition	Connection/Example to Your Personal Life	Example from Class Videos/Initiatives

Quotes on Honesty – *Annotate 3 Quotes (“I agree.../disagree.../can connect...”)*

1. We tell lies when we are afraid...afraid of what we don't know, afraid of what others will think, afraid of what will be found out about us. But every time we tell a lie, the thing that we fear grows stronger. - Tad Williams
2. The cruelest lies are often told in silence. - Adlai Stevenson
3. Honesty is probably the sexiest thing a man can give to a woman. -D. Messing
4. It was a grand trait of the old Roman that with him one and the same word meant both honor and honesty. - Unknown
5. Some people will not tolerate such emotional honesty in communication. They would rather defend their dishonesty on the grounds that it might hurt others. Therefore, having rationalized their phoniness into nobility, they settle for superficial relationships. - Unknown
6. Either you are honest or you are not honest. There's nothing in between. - Don Curtis
7. If the truth doesn't save us, what does that say about us? - Lois McMaster Bujold
8. The truth is the only thing worth having and, in a civilized life, like ours, where so many risks are removed, facing it is almost the only courageous thing left to do. - E.V. Lucas
9. I am different from Washington; I have a higher, grander standard of principle. Washington could not lie. I can lie, but I won't. - Mark Twain
10. Be Silly. Be honest. Be kind. - Ralph Waldo Emerson
11. If the writing is honest it cannot be separated from the man who wrote it. - Tennessee Williams
12. I hope I shall always possess firmness and virtue enough to maintain what I consider the most enviable of all titles, the character of an honest man. -George Washington
13. Men are respectable only as they respect – Ralph Waldo Emerson

"REAL LIFE" HONESTY

Annotate Reading – highlight big ideas AND comment/ask questions on the side

My dictionary defines honesty as “being free from deception.”

Few would disagree that honesty and integrity are essential qualities of character that a leader must possess. Surveys have shown for decades that these are the qualities of character people most want in their leader.

If you do not believe that these qualities are essential to leadership, just ask yourself this question: Do you have good relationships with people you do not trust? Are those the people who inspire you?

A major aspect of honesty and being free from deception is in how we hold people accountable for their actions. If we fail to do so, we are not leading honestly, because accountability is our responsibility as leaders, along with helping people be the best they can be. It is deceptive behavior because failure to hold people accountable creates an illusion that everything is okay, and everything is *not* okay.

Another form of honesty, one that organizations do not talk nearly enough about, is being free from duplicitous behavior like gossip, backstabbing, and pairing. I see these behaviors running rampant in institutions all over America. It's as if people get a job and now they have a license to backstab and character-assassinate others at will. Is this honest behavior?

Pairing is a destructive alliance between two or more people. These are people who like to break off and talk about the group other than bringing issues to the group so they can be dealt with. This behavior is hugely destructive to the team and is dishonest.

I tell people that if they are engaged in duplicitous behavior as described above, it is like eating double cheeseburgers and drinking triple chocolate malts on their character diet. They are damaging their character, and everyone is watching.

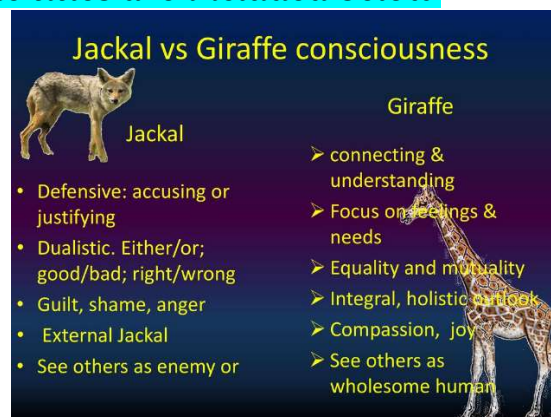
Integrity is behaving out of right values consistently and predictably, both in public as well as in private. As Gandhi put it, “One man cannot do right in one department whilst he is occupied in doing wrong in any other department. Life is one indivisible whole.”

VIDEO REFLECTIONS

All videos can be found on YouTube if absent, the titles are included below

Takeaways from “Vulnerably Honest – TED”

-
-
-



BETTER UNDERSTAND “GIRAFFE” AND “JACKAL” EARS

A month ago I did an exercise with a group of participants on a training in Stourbridge, UK, famous for its [Rudolph Steiner](#) connection and [the Camphill Trust](#). The purpose of the exercise was to get clear about the choices I have when I hear a message. I asked the participants if they were fed up with hearing blame and criticism, and suggested (playfully!) that they need never hear blame and criticism again!

I gave the example of a situation from my life: I arrive for a regular appointment with a friend and he says, "You're late again." Sometimes he doesn't actually say the words, he just looks at me in a certain way and I interpret the look as, "You're late again."

I pointed out that it was important for them to realize that lateness is hereditary in our family. I was born late, and with any luck, I'll die late. Be that as it may, the message I'm hearing is, "You're late again." Through Nonviolent Communication I've come to understand that I have a choice how I hear this message.

There are four ways, two of them more life-serving than the others. (To maximize learning, I suggest you select a message from your own life to go through as I explore my example.)

I put on my 'Jackal ears' facing outwards (my habitual response) and replied to this message in terms of judging and blaming the other person. This sounded like:

Who are you calling late? You should stop being so self-righteous. If you give me a hard time about this I'm going to stop coming.

Then I put on my 'Jackal ears' facing inwards and heard the message in terms of judging and blaming myself. This sounded like this:

He's right. I'm always late for our meetings. I just can't get it right. I'm so inconsiderate – I just don't care about my friends.

So these are two ways of hearing messages with 'Jackal ears' on: 1. hearing them in terms of judging and blaming the other, and 2. hearing them in terms of judging and blaming myself.

Then I asked the participants: would you like to live in a different kind of world? A world in which people relate compassionately to each other based on respect for needs? In this kind of world, again there are two ways I might hear a message like "You're late again." First I put on my 'Giraffe ears' facing inwards and hear the message in terms of what is alive in me – what feelings and needs are touched in me when I hear this message. Here's how it sounded:

When I hear you say "You're late again.", I feel, well, disappointed, because I'd like acknowledgement of the effort I made to get here, and understanding that it's important for me to honour agreements.

And as I really got in touch with my feelings and needs in this way, I found that I had space to listen to what is alive for him when he said, "You're late again." Putting my 'Giraffe ears' on facing outwards, I said to him:

Are you exasperated because you'd like respect for your time?

Notice that in NVC I make a guess (ask a question) rather than make a statement. I've found that a question is easier for the other person to hear. I guess what he's feeling and what basic human need isn't being met in the situation. I've found that my guess doesn't have to be 'right' to make a connection. As Marshall Rosenberg says, 'You can't guess 'wrong', only human!' If my guess turns out to be inaccurate, I've found that the other person usually tells me what's really going on. In this case, my friend said: *No, it's not that. We just don't see each other as often as I'd like. When you're late, we spend less time together.*

OK – so I guessed it was about respect, and it turns out that it's about valuing our time together. So I didn't need to guess 'right' to get the understanding and connection I was looking for. And I'm confident that when we connect on this level, on the level of basic human needs, that it will take only a few minutes to find a solution that we're both happy with. Here's what I came up with:

For the next month, would you like me to ring you, if I think I'm going to be more than fifteen minutes late, and discuss arranging another time to meet?

Yes!

Reflect:

- 1. What does it mean to listen with “Jackal ears”?**

- 2. What does it mean to listen with “Giraffe ears”?**

- 3. When you think about what it means to be “honest”, which version did you used to identify with – the jackal or the giraffe?**

- 4. How is listening with Giraffe ears an example of Agapé?**

Takeaways from the “Mini-Bio’s” of the Following People:

NAME	Do you BELIEVE them? Explain	Do you RESPECT them? Explain	Do you TRUST them? Explain
LANCE ARMSTRONG			
MARION JONES			

REFLECT:

- 1. Does being honest, even if it’s after lying, still count?**
- 2. What does it tell us about how we are respected when we are not honest?**
- 3. Can you respect a person for their eventual decisions and no longer respect their position/title?**
- 4. Is it worth telling the truth in the end? Why? What happens when we still hold onto the lie?**

Honesty Reflection Questions

- 1. How do you demonstrate honesty to others in your life?**

- 2. How do you act honestly with people in your school?**

- 3. How have you been affected by what the reading describes as “pairing” (breaking off and talking about the group other than bringing issues to the group)?**

- 4. Are there people in your life with whom you have difficulty being honest? How does your behavior need to change in order to demonstrate honesty to these people?**

- 5. How have others shown honesty to you?**